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THE MADRAS REVIEW

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CONTENTS.

	PAGE
COMMENTS	1
THE EXCHANGE CRISIS AND THE SUGGESTED REMEDY BY MR. M. S. KAMATH ...	3
DO NOT VOTE. WHY? BY MR. C. RAJAGOPALA CHARIAR	4
THE SIMPLE LIFE BY MR. A. P. SMITH ...	6
DIET IN DIABETES	7
REVIEWS	7

COMMENTS.

With a view to place ourselves more frequently in touch with our readers, in these anxious and critical times, we have decided to issue *The Madras Review* every Saturday. We shall fearlessly advocate the cause of our motherland heeding not the thorns on the way and unmindful of insolent jeers.

* * *

We stated very clearly, in our last issue, that the alternative to Non-Co-operation, in the case of those who shudder at the very mention of this word, is not co-operation with Government but vigorous and persistent agitation until India's honor is vindicated. Mrs. Besant and the Moderates seem to hold the opposite view as is evident from their lecturing and pamphleteering propaganda. To say that the road to the polling booth is the road to freedom and happiness is an unpardonable exaggeration. It is often forgotten that Government are more interested in the successful working of the Reform Act than the people because such successful working will keep the beauracracy in assured positions of power and privilege for a definite period of time and put off the fateful day of its collapse. A nation that has lost its liberty will regain it, as a lioness from her cave, with a roar and rush and all obstacles will fly like chaff before a gale. Acts and statutes are passed giving expression to the feelings of the people but the people do not shape their feelings and thoughts in accordance with the Acts. India has long outgrown the Reform Act and it is useless to persist in a propaganda whose chief object can only be to ask the people to grow small. Apart from this, co-operation presupposes hearty sincerity for its success, else it is hypocrisy. We are frankly unable to understand how any Indian, with a spark of patriotism or a glow of idealism, can co-operate with a Government that has systematically defied and outraged Indian public opinion and feeling. It must be a perverted mind which counsels co-operation with Government as a remedy for healing the lacerated hearts of Indians.

* * *

What a great relief it is to turn from the sickening tosh of Moderate wisdom to the manly utterance of that unostentatious Englishman, Mr. C. F. Andrews. It does one's heart good to read his noble words of righteous indignation at the wretched treatment meted out to Indians in other parts of the British Empire. Mr. Andrews says that wherever 'this religion of the white race' spreads, there is no possibility of equal treatment for Indians. Asked about the Reciprocity Agreement, he described it as a humbug, a wretched humbug. Mr. Andrews is most decidedly for Indian independence. Those of our readers who

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have not perused this remarkable interview will do well to read it in the *Hindu* of 19th October. They will then learn to rate at its proper worth the respectable nonsense called, the Indo-British Commonwealth.

* * *

We have before us a summary of the Draft Constitution for the Congress. The most striking change that is proposed to be adopted is the modification of Article 1 of the Congress creed. Our hairs do not stand on ends when we read that all reference to the British connection is to be omitted. It is a change that is in accord with the spirit of the times and nobody is more responsible for bringing this about than our rulers. The benefits which Great Britain has derived by her contact with India are out of all proportion to the good that she has done. Naturally, to maintain the Indian connection, England must be more anxious than India and she is in a position to keep it by redressing our national wrongs. The dignity of the Congress will be enhanced if it boldly declares against continuing to remain a helot within the Empire. Lest any Moderate cock should crow that our extremism has carried us off our feet, we shall fortify ourselves by drawing attention to the specific instances of ill-treatment of Indians abroad given by Mr. Andrews in the interview to which we have referred to above.

* * *

The suggestions for the re-arrangement of Provinces on linguistic basis and for the composition of the All-India Congress Committee are unobjectionable. While the spectacular value of several thousands attending the Congress is great, we recognise that in recent years the number has swelled as to become unmanageable. Under the new constitution, there will not be more than 3,000 delegates. Each District Congress Committee is to elect one delegate for one lac of population. What of the districts which may not send any delegates at all? An analysis of previous attendance at the Congresses will show that many districts had no delegates to send. If this thing happens on a wide scale, the attendance at the Congress will be very small. Rules for the guidance of national affairs must be so framed as to be elastic. It is not advisable to create electioneering scrambles in the country for attending the Congress. The number of seceders from the National Assembly will increase as defeated candidates at such elections may rush to the other side.

* * *

We strongly disapprove of the proposal to fix the time limit for the delivery of Presidential addresses. What is sought to be gained by this rule is not clear to us. The wisdom of an address is not solely to be tested by its length or breadth. In a certain year there will be nothing worth recording while in another great events might have occurred which might call for thorough examination. We suppose that if a man is fit to guide the Congress, he can be trusted to have discretion enough to know the value of time. For the time being, English must be the language of the Congress. As we have said before, in national affairs, the less of rules, the better for harmonious political work. The greater the rigidity, the greater will be the differences. For it must be remembered that our object must not be to alienate the sympathy of any man but to draw in as many as possible.

* * *

We take the following from the opinion of the leading English Counsel, Mr. Upjohn, K. C. concerning the conduct of Dyer at Amritsar:—

"Brigadier-General Dyer was present, and the firing took place by his direct personal command. Unless there is some legal excuse or justification, there can be no question that Brigadier-General Dyer was guilty not merely of oppression, but of the crime of wilful murder......Further, we have no doubt that in ordering his force to fire upon the unarmed crowd, Brigadier-General Dyer was guilty of most cruel and tyrannous oppression, of gross and wanton inhumanity constituting a misdemeanour under the Government of India Act....In our opinion, criminal proceedings may be taken against Brigadier-General Dyer in the High Court of Justice in England under Sec. 127 of the Act of 1915 both in respect of the oppression done and misdemeanour committed by him."

* * *

In Mr. Salem Vijayaraghavachariar, the nation will find a strong and steadfast leader, imperturbable and incorruptible. The political air is full of portents. It might be that the monster of repression might have reared its head ere the Congress meets at Nagpur. Never in the history of India have men offered themselves so freely,

so selflessly, so ungrudgingly for the public cause. If all that noble spirit should be diverted into the proper path, there must be firm and wise leadership. It is no exaggeration to say that the country will get that lead from this veteran public worker and patriot.

* * *

We have received the first number of *Navasakti*, a Tamil weekly edited by Mr. T. V. Kalyanasundara Mudaliar and published at Royapettah. The Tamil speaking world have learnt to associate with Mr. Mudaliar fervent patriotism and scholarship. We need hardly say that these qualities are reflected in the Journal.

* * *

With humble reverence, we salute the dead figure of the Lord Mayor Macswiney. He has shown us how to live great as well as how to die great.

The *Indian Social Reformer*, which has a reputation for sanity, has a long article in its issue of October, 24 headed 'The Remedy.' We have taken great pains to find out what exactly is the remedy which our contemporary has in mind for allaying the present discontents. After an ingenious reference to our social divisions, a side-hit to Mr. Gandhi for forgetting his old claims to Hindi, and a pious hope for unity which should embrace 'not only Hindus and Mahomedans but Parsis, Christians and Jews' the *Reformer* suggests that "a small deputation of our most experienced and thoughtful men be immediately sent to England not to deliver platform harangues" (mark the difference) but to interview thinking men of all ranks. Need we say that if our contemporary's suggestions were carried out, the present discontents will cease immediately on the eve of doomsday!

THE EXCHANGE CRISIS AND THE SUGGESTED REMEDY

BY MR. M. SUBRAYA KAMATH.

The recent fluctuations in the exchange rate have created a serious panic in commercial circles. Both the export and import merchants have been hit hard. Few being prepared to take the risks involved in these rapid fluctuations, trade is naturally at a stand still. They all feel that in some way or other the exchange rate should again be fixed at a definite figure or at least kept fairly steady; and urged by their immediate requirements, most of the critics have called upon the Government to intervene in the crisis. Of course they have all one remedy easily at hand *viz.*, to sell Reverse Councils and that at a rate as near two shillings per rupee as possible.

The Government of India will very probably accede to their request. For, whatever the sanity of the proposal, our Bureaucracy had never the grit nor the courage to oppose the financial proposals of commercial magnates, and during the past two years, the financial department has perhaps been more obliging to them than usual. Of course, there is one serious difficulty in the way. The Government of India can sell Reverse Councils only if the Secretary of State is in a position to meet their demands. It is an open secret that the bulk of the Indian money in London has been invested in securities some of which at any rate it may not be advisable or possible to cash at once. And that is a very serious obstacle because the Secretary of State, in such transactions is guided more by the non-Indian interests concerned, so that there is every chance of the London financiers refusing to oblige the Government of India.

While these are the considerations which will weigh with the Government of India, it may not be out of place to discuss for a while how far the demand for Government interference is in the interests of the Indian people. Strangely enough on the very date the Bengal Chamber of Commerce called upon the Bureaucracy to intervene, a cablegram was published in the daily papers announcing the decision of the International Conference of financial experts at Brussels to the effect that it was not advisable for the State to attempt to fix the rate of exchange. It is however unsafe to suggest that that expression of opinion will influence the decision of the Government of India. For, our Simla experts have rarely any regard for the opinions of such outsiders. For, after all is said and done, the latter are not the "men on the spot." They cannot be expected to know the "peculiar conditions" prevailing in India. Here the whole administration is run on unnatural lines. The railways are controlled by a handful of people living six thousand miles away; even a sheet of carbon paper required by any Government Office must be selected by officials equally distant from the scene. In which other country is such an unnatural situation prevailing? That being so, are not our experts entitled to claim that in such a peculiar system of administration, the opinions of outsiders not acquainted with it and conversant with only self governing countries are not only out of place but even dangerous?

To the Indian critic, however, the decision of the Brussels Conference will seem quite sane, and he will even ask whether the experiences of India with not effectively support that view. During the past ten months, the Government of India have wasted crores of rupees in the vain hope of stabilising the Exchange. Reverse Councils were sold to the value of several millions Sterling and that at rates which no capitalist or sound financier would dream of

offering. If the same amount of money had been withdrawn from England now instead of in March or the succeeding months, the Government of India would to-day have been richer by several crores. And what has been the result of all this waste? The Government have not been able to stabilise the Exchange rate and it has only increased the greed of exploiters, to whom the sale of Reverse Councils has been a veritable pagoda tree, to shake it more often. It is an insult to the commonsense and financial sagacity of these shrewd business men to suggest that they are convinced that the waste of a few more millions by the Government of India would stabilise the rate of Exchange. They however know from past experience that the continued sale of Reverse Bills will fill their pocket and after all that is what they need.

It may not be out of place to remind the Government of India and the exploiters, that the loss which they have inflicted on the Indian tax-payer already is more serious than they foreshadowed; and what is worse, the compensating benefits which they promised are about to vanish. To be more explicit, the reader is probably aware that what was meant by the sale of Reverse Councils is no other than bringing back to India at a great loss money which had been needlessly taken out of this country during the war. At that time for every crore and a half sent from India, the Secretary of State received a million sterling, and when this year that million sterling was brought back, the Government of India received, owing to the changed rate of exchange, less than a crore, or about half of what was sent. The Government of India sent that money to London against the wishes of the Indian people and it brought back the money this year at this adverse rate of Exchange against the popular view. When however the Simla experts were asked why India should be saddled with this huge loss of thirty to forty crores of rupees, the people were appeased by the false hope that that loss would be more than made up by the permanent gain in what are officially called the "Home Charges," popularly known as the "annual drain;" for, the remittance to meet the cost and disbursements of the India Office was in future expected to be made at Rs. 10 and not Rs. 15 per sovereign and the gain on this score was estimated at 10 crores of rupees per annum. And were not these experts entitled to the eternal gratitude of the Indian people for having saved 10 crores per annum by wasting 40 crores in a lump sum?

Of course no reply was forthcoming to the question whether it was at all necessary to waste these 40 crores. And what is more unfortunate to the Simla experts, the promised gain of ten crores on Home Charges has nearly vanished by reason of the higher rate of exchange!

This passing peep into the past achievements of the Bureaucracy and its advisers will reveal to any unbiassed critic how the interference of the Government of India in the Exchange situation has been uniformly ruinous to the Indian tax-payer and unable to achieve the advertised purpose of stabilizing the Exchange rate. That being so, what reason is there now to expect success from Government interference? And even if the Government should succeed, is it worth while to waste Indian money and endanger the bankruptcy of the Government? The rate of exchange depends mainly on the trade current and Government interference cannot stabilise it without risking great loss. Moreover if no other country is anxious or ventures to stabilize the rate of Exchange with other countries, why should poor India venture to do it?

It will also be worth inquiring into how far the present Exchange muddle has been occasioned or facilitated by a desire on the part of foreign merchants to exploit the willingness of the Government of India to intervene in such crises. So long as the merchants are aware that the Government can be easily induced to set right such dislocations and that the work of setting them right is beneficial to the former, there will be more frequent dislocations. The safest policy is therefore to reduce official interference to the minimum, and allow the exchange rate to fix for itself. No one denies the advantages of fixing the rate permanently but that has not been possible for the last two years in spite of the readiness of the Government to incur huge losses. Why then should the tax-payer risk even more; and if the Government of India still contains experts pleading for greater efforts in the same direction will it be wrong to ask them to repair by the very next steamer to their native land and conserve the blessings of their wisdom for the benefit of their own kith and kin, not only in the British Isles but, if possible, across the Atlantic as well? Indian had enough of their expert guidance and to spare.

DO NOT VOTE: WHY?

BY MR. C. RAJAGOPALACHARIAR.

When the Rowlatt Act outrage was perpetrated, the nation was sought to be diverted from its indignation by the blandishments of the Reform scheme, but not with any success. Now when the double wrong and injustice of the Punjab and the Khilafat are sought to be made into settled facts, the same temptress bedecked with all the dazzling fineries of approaching political powers and offices is attempting to distract the nation's attention. The same keen-eyed, single-minded and iron-willed man is now presiding at the National sacrifice who before guarded the Rowlatt *Yagna* from the blandisments of the Reform scheme. But the present danger is greater, even as the *yagna* is greater; for the full bedecked glory of the temptress is more intoxicating than ever it was when we had a mere scheme, and even the most virtuous appear eager to fall a prey to her temptations. All the same, the issues are simple. If we divest the question of our passions, fears, ambitions and jealousies, the politics of the problem are extremely simple.

England and the whole 'civilized' world is now committed irrevocably to the theory of self-determination. But it is said that India has not yet 'self-determined' in favour of true Swaraj because Congress does not represent the Nation; be-

cause the educated classes do not represent the national will. Grant all this. But Government has now created an electorate. This electorate cannot but be accepted by Government and the civilized world as adequately representing the Nation. If the majority of this electorate votes now for the Gandhi declaration, for Punjab, Khilafat and Swaraj, the nation will have clearly 'self-determined.' The question will then be only whether the theory of self-determination is exploded or is still a working international principle. The vote will not be recorded in a resolution of the legislative Council, nor expressly in the election ballot-paper, but will be by implication expressed in the boycott and counted on the Gandhi papers.

Supposing power had been given under the Government of India Act to the Legislative Councils to vote for increase of responsibility up to full Swaraj, nothing would have been more easily understood by the Constitutionalists than a campaign to canvass votes for a resolution for full responsibility. Such a power has not been given in the Act, and we cannot move the resolution in the Councils. But Mr. Gandhi says we can move it before the whole electorate, which is better. By going to the electorate with the Congress declaration for Swaraj, in effect we move the whole electorate to give its answer on the issue. Do the majority of the electorate constituted by Government want Swaraj such as would protect National honour in preference to the Constitution now offered? If so, they will refrain from voting. Let pseudo-Imperialism say what it may, the decision of the new electorate on this question will, in the present condition of things in the world, have irresistible power. When once our representatives are in the Council, we cannot raise this question. Though by repute Mr. Gandhi is only a 'saint' and no politician, he has shown how this all-important issue, (on which we are *all* agreed, including Pundit Malavyaji and Mr. Jinnah) can be raised in a perfectly constitutional manner just before the formatiom of the new Councils and answered by the whole electorate. The opportunity will be lost when once the Councils are formed, for a reference to the whole electorate on the specific issue will not be then possible. The decision of the whole electorate on the questions referred will have incalculably greater power than any decision of the newly formed Councils.

We have thus in effect a general election organised by Government itself to obtain the tax-payers' decision on these issues :—

1. Do you think that respect for Indian life and honour is more imperiously necessary than the administration of transferred subjects? Then do not vote. This is the Punjab issue.

2. Is the Nation not willing to give men and money for the wars of the Empire without any voice in its treaties even where the religious sentiments of millions of its men and women are deeply affected? Then do not vote. This is the Khilafat issue.

3. Is the Nation's self-determination in favour of full power and responsibility, then do not vote: or, for the present is it content with provincial transferred subjects under half-brotherly supervision and guidance? This is the Swaraj issue.

In effect a general election is to take place on these issues. On this plebiscite which Mr. Gandhi has obtained, there is no doubt what answers will be given by the electors, if only they are reached, and if only our mutual jealousies and suspicions are laid aside. The work of reaching the voters and putting the question to them is in the hands of the voluntary workers who have taken up Mr. Gandhi's lead. The *London Times* appreciates the seriousness of the step, but hopes the answer will be in favour of the bureaucracy. We hope otherwise. The issue is confused by competing candidates who, by their mutual opposition, in effect form the combined opposition to Mr. Gandhi. He is also at a disadvantage by reason of the time available being short. Yet the signs have not been unfavourable.

So far the question has been steered clear of Non-Co-operation. But suppose the political value of the decision of the Electorate comes to nothing. Suppose the theory of Self-determination is renounced, shall we have no effective weapon in our armoury to enforce our decision on the people of Britain? One may now see no practicability in Non-Co-operation. But if the elections show that the people are with Mr Gandhi in this matter of life and death, with worthless Councils obviously unrepresentative of the people, the Government which till now has pretended not to see any seriousness in the new movement will soon find its true strength and reality. Representatives without votes will be found to be broken reeds to rely upon for taxation and legislation. It will be discovered by Government that electorates are more important than unreal members returned by force of regulations, and that enforced reduction to the simplicity of a plain bureaucracy with its attendant defects and difficulties is not so desirable or even possible as it might appear at first. The boycott of Councils with be the first decesive battle. The electorate will decide who is to win, Gandhi or Government? If you vote for any candidate you vote in effect for Government: if you refrain from voting you add your vote to Gandhi's poll. The choice is before the six million voters of India, either by voting for one candidate or another hand over Gandhi to the tender mercy of the Bureaucracy, or by refusing to vote make him the irresistible exponent of National honour, unity and freedom.

THE SIMPLE LIFE

By Mr. A. P. SMITH.

Mr. Gandhi is an exponent of the advantages of living a simple life. He is most abstemious and lives on fruit and grain and nuts, sleeps on a mat, wears the cheapest material for his garments, travels third class and drinks only water. Reverenced as he is by his numerous admirers, there is nothing to prevent his travelling first class by train and indulging in the use of the creature comforts which so many of his countrymen enjoy without exceeding very moderate limits, but he does not do so doubtless for very good reasons which I do not feel it my duty to analyse. His advice to his labourer countrymen to refrain from tea drinking is certainly to be commended. Tea, as well as coffee, is a luxury, and the use of tea necessitates the use of milk and sugar, both of which, at the present time, are expensive commodities.

In times before tea and coffee came to be used in Indian household regularly, the people after their early ablutions of some kind, ate a cold or hot meal as was most convenient-more fiequently a cold meal. When a cold smack was taken in the morning from food partaken of overnight, a warm meal in the day with a draught of water and another warm meal at night was found to be sufficient. If, on the other hand, a warm meal was eaten in the morning, a handful of pulse or a rice or wheaten cake in the day, and a little water with sugar or jaggery in it to wash it down, was sustaining ; and the labourer had nothing more till the day was over. There was no need for tea and coffee. Sugar is sustaining and *Eace Sucree* draught at midday was both refreshing and nourishing.

Other drinks were thin buttermilk—there is very little of that wholesome drink to be seen nowadays—the sweet unfermented juice of the palmyra-palm or cocoanut juice before fermentation were freely used. The milk, now so largerly used for tea, could be spared for the children and for buttermilk and ghee—which is adulterated. Tea is not properly prepared in most Indian houses or restaurants. Instead of being infused the leaves are boiled, and the thing thus consumed does not add to the digestive powers of the stomach. Coffee is not so injurious, and although it possesses a certain staying power it does not promote the physical well being of the consumer to any appreciable extent Tea was once not widely used, but great efforts were made by the planting community to encourage tea drinking and it has grown into a vice, just as is the use of ærated waters which are not one bit healthier or cooler than pure water. All this runs away with the hardly earned pice of the labourer to the loss of his family. To add to the demands on the slender purse, the picture palaces are making fortunes while the families of the labourer suffer for rarely do women and children resort to these exhibitions. They encourage late hours and late hours may, and often do mean further dissipation in tea and liquor shops. All the while, the Indian women and children pay the piper.

England has given "peace and order" to the people, but in doing so many western things have come to compel, in a manner, the adoption of foods and drinks and wearing apparel which are really superfluous and unnecessary. The craze to imitate Europeans by adopting their likes and dislikes is not a healthy one if and only from the view of rupees, annas and pice. It is often said that the Indian, has adopted "a higher standard of living." So he has ; but his income is not adequate to maintain it and we hear of strikes and discontent and thefts and crime of sorts.

If Mahatma Gandhi could persuade these masses of his countrymen, to relinquish luxuries like tea and aerated waters and to stick to the national costume of India which is cheaper and healthier than western costume in the tropics, he would be doing an immense service. Just imagine the enormous amount of money spent in collars and ties by Indian boys who wear a composite costume which represents East and West and is not one or the other. Why do Indians do these things? The process of denationalization started on the foundation of a system of education unsuited to the needs of the people is proceeding apace ; but will never, reach the stage of converting Indians into Englishmen. The very language of Indian has become a laughing stock to many of them, and it is both incongruous and discreditable to hear Indians speaking English in their houses. In many aristocratic and highly educated families—English is used only as a "court" or fashionable language, and the vernacular is current in the intimate intercourse of daily life, as it should be. This is absolutely necessary if Indians are to remain Indians, remain patriots and lovers of this great and celebrated land.

THE INDIAN DEFENCE FORCE.

The Esher Committee, of which Sir Michael O'Dwyer was a prominent member, has issued its report. The following recommendation regarding the I. D. F. will cause much pain and indignation amongst all classes of Indians, but not surprise.

"Some students, who were members of the Indian Defence Force, took part in the Panjab disorders last year, and the highest military authorities, therefore, do not want to run more risks than necessary, so that the same force, which they may organise, may not be useda gainst them. The Committee therefore, state that, as the experiment is mainly of a political, or educational value, the Government should start with one to two units in each of the bigger provinces and one in each of the smaller ones, on condition that no new unit should be added if the experiment proves successful. The expenditure incurred on account of this Force should fall under military head, but not to the detriment of the regular army.

The Committee recommend that the Territorial Force should be formed on the following lines :

(1) Recruitment is limited to the urban areas and the university, and that the rural units and companies should be discouraged if likely to compete whith regular recruiting.

(2) Liabilities for general service should be insisted upon

(3) Pay and allowance during training be at the Indian Army rates.

(4) The Commanding Officer and the second in command of each unit be replaced by an Indian Officer when trained.

(5) There should be a Director of the Auxiliary Forces at the Army Headquarters.

(6) The grant of King's Commission should be premature at the present stage.

Concluding, the Committee claim their recommendations are in "conformity with the announcement of the 20th August."

DIET IN DIABETES.

(From a Correspondent.)

The disease of diabetes continues to take heavy toll annually from among the ranks of educated Indians, though among the masses too, there is a large mortality—mostly unreported—from the same malady. The heavy mortality in India, more especially in Southern India, attracted the notice of the Government some years ago, and, if the writer of this paper is not mistaken, an officer was deputed, or was to have been deputed, to study the question in Germany, where scientists were thought to have made some investigations into the etiology and cure of the complaint. The great war, which interfered with so many other things, put the diabetic study out of mind, and no advance apparently has been made since 1914. Of course the subject has not been lost sight of by the Faculty and recent advances in the diatetic treatment of diabetes has been the result. Dr. Robert Hutchison M. D; F. R. C. P. in the *Medical Annual*—a periodical seen mostly by medical men—says recent investigations converge between three lines of research the influence of protein in exciting glycosuria, the value of green vegetable and egg diet, and the value of fasting. In this country, at any rate Indians cherished the fallacy that it was because of the absence or the smallness of the quantity of nitrogenous food in their daily diet was causative of diabetes. From what Dr. Hutchison says, it is not so much what the patilent eats as what he does not eat that principally matters. "The principles of the new treatment are that" after a preliminary fast, the diet is cautiously increased, step by step, and where a certain level has been reached the carbo hydratic intake is gradually increased as well. The degree of carbo hydrate tolerance can then be quickly determined and the diet kept well within this. Days of complete or partial alimentary rest are intercalated as required." It is asserted that "the consumption of proteids lead to glycosuria for the reasons that proteids contain a carbohydrate fraction in their molecules, and also because they stimulate neetabolisue) which is the continuous process by which living cells or issues undergo chemical change, accompanied by swift alterations in temper and character." As for as vegetables are concerned their precise food values have not as yet been accurately determined. Recently certain vegetables have been termed accessary food factors such as antiscorbutee and anti-berriberi factors, and the fat soluble growth factor or Antirachitic Factor, but with regard to Diabetes the value of green vegetables is declared to be due to its low nutritive value. An Egg diet is also considered to be similarly useful.

The principle of the treatment by fasting has been alluded to above. To quote Dr. Hutchison "The rationale of the fasting treatment seems to consist in its reducing the level of metabolisim to a point low enough for the patients' reduced powers of assimulation." Again "the normal individual who fasts developes some acetonuria, because he has to live on his fat ; but this does not give rise to sufficient deacetic acid to produce toxic symptoms. When the diabetee takes no food, he must produce some of this fasting acetonuria, but this is more than counterbalanced by the drop in the acetonuria which had been produced by a diet poor in carbohydrates but rich in fat." Not only is treatment shortened but it showes a dilemma for formerly the rapid restriction of carbo hydrates produced a toxic acetonuria while failure to restrict would result in the disease progressing. It must not be thought that fasting is a care for diabetes, though it may prolong the existence in some cases. There is danger that has to be borne in mind that the patient incurs the liability to tuberculosis. Dr. Hutchison furnishes particulars as to, what he, calls "a ladder diet" which extends to 12 days gradually raising the caloric value of the food intake from a little over 1000 to 2000 grans. Until this is reached rest in bed is essential. It is pointed out that the treatment may vary in individual cases.

In any case the advance in the diabetic treatment of diabetes merely, in some cases, tends to prolong the life of the patients ; and in India, the diet suggested in the particulars of the "ladder diet" would not be acceptable to the vast generality of Indians, Hindu or Mahomedan ; and the necessity of discovering something like an absolute specific for, or absolute preventive of diabetes remains a pressing one.

REVIEWS.

NATION-BUILDERS: By Mr. S. M. Michael, 322 Pycroft's Road, Royapettah, Madras. Price As. 8.

This is a regular "socio-political drama" dealing with some of the social and political questions of the day in South India. The author assures us that it is also the first English play written by an Indian in which an attempt has been made to observe the unities of classical drama. In this respect the play is based to some extent on the models of Ibsen and, Bernard Shaw. Imperfections and shortcomings there are in the book under notice but it is the author's maiden attempt at writing a drama in English and it is to be hoped that with the efflux of time he will gain in maturity and mellowness. The play under review is full of keen satire on the sharp divergence between the practice and the precepts of some of our politicans and social reformers. It is full of bright and witty dialogue. A perusal of the play is well worth its modest price of 8 annas and will prove interesting.

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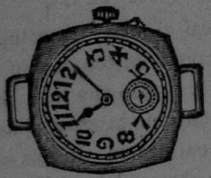

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